

LACDMH AND TEAM SOUTHARD JOIN ANNUAL NAMI WALK

By Karen Zarsadiaz, Public Information Officer



On Saturday, October 11, 2014, teams representing the Los Angeles County Department of Mental Health (LACDMH) got together for an early morning walk in support of the National Alliance on Mental Illness (NAMI).

The teams participated in the 11th annual 5K NAMIWalks event at Grand Park in downtown Los Angeles. This was the first year for the NAMIWalks 5K at the Grand Park location. LACDMH was a sponsor in this year's walk.





“The NAMI Walk moved to a larger venue this year at Grand Park. I’d like to think of this as mental health moving from the periphery to the center,” said Marvin Southard, DSW, LACDMH Director.



Thousands of people joined the yearly NAMI event aimed at ending stigma and supporting NAMI programs in Los Angeles County. The 5K fundraiser, “NAMIWalks: Changing Minds One Step at a Time”, helps support programs of education, research and advocacy for those who suffer from all types of mental illness, including schizophrenia, bipolar disorder, major depression, obsessive compulsive disorder and severe anxiety disorders.